Transportation

Heartland Express
Park Rapids City Bus | 218.732.3500
County Bus Service | 218.732.9328
hubbardcountyheartlandexpress.com

Living at Home of the Park Rapids Area
218.732.3137 | parkrapidslivingathome.org
Volunteer drivers for ages 65+

Veterans Services
218.732.3561 | co.hubbard.mn.us

Regional & National Resources

Act on Alzheimer’s
ActonAlz.org

Alzheimer’s Association
800.272.3900 (24 hrs) | Alz.org/mnnd

Mid-Minnesota Legal Aid Services
800.292.4150 | mylegalaid.org

Minnesota Indian Area Agency on Aging
218.335.8581 | MNChippewaTribe.org

Minnesota State Services for the Blind
651.642.0500 | mn.gov/deed/ssb

Minnesota Commission of the Deaf,
DeafBlind & Hard of Hearing
651.431.5961 | mn.gov/deaf-commission

National Institute on Aging
800.438.4380 | alzheimers.gov

Senior LinkAge Line
800.333.2433 | MinnesotaHelp.info

10 Signs of Dementia

1. Memory loss that disrupts daily life
2. Challenges in planning or problem solving
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

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Education
Caregiver Coaching
218.732.3137 | parkrapidslivingathome.org
Equip caregivers with knowledge, skills and tools to develop and enrich their role

Dementia Friends
218.732.3137 | parkrapidslivingathome.org
Attend a one hr dementia information session

Park Rapids Area Library
218.732.4966 | krls.org

Emotional & Spiritual Support
Support is available through many listed services and the faith partner of your choice

Caregiver Discussion Group
218.732.3137 | parkrapidslivingathome.org
Meets Monthly. Call to register

Healthcare Services
CHI St. Joseph’s Health
218.732.3311 | chisjh.org

Essentia Health – Park Rapids Clinic
218.732.2800 | EssentiaHealth.org

Sanford Health – Park Rapids Clinic
218.699.3121 | SanfordHealth.org

Home Health Care & Hospice
Caring Hands Home Care
218.732.0088

CHI St. Joseph’s Health – Hospice Care
218.732.4552 | chisjh.org

Hospice of the Red River Valley
800.237.4629 | hrrv.org

Knute Nelson Home Care
218.237.2350 | KnuteNelson.org

Many Lakes Home Care, LLC
218.732.9394 | manylakeshomecare.com

Independent Living Supports/Services
Dancing Sky Area Agency on Aging
800.333.2433 | dancingskyaaa.org
Senior LinkAge Line: Senior support services

Hubbard County Social Services
218.732.1451 | co.hubbard.mn.us
Assessment & support planning

Living at Home of the Park Rapids Area
218.732.3137 | parkrapidslivingathome.org
Senior support services

Lutheran Social Services of MN
800.582.5260 | lssmn.org
Senior support services

Nutrition
Hubbard County Food Shelf – Park Rapids
218.732.1282 | 308 Pleasant Ave S

Lutheran Social Services – Meals
800.488.4146 | lssmn.org
Congregate dining & home delivered meals

Meals on Wheels
218-237-2798 – Park Rapids
218-652-2022 – Nevis
218-652-2818 - Akeley

Ruby’s Pantry - Menahga
216 Aspen Ave S
3rd Saturday of the month, 8:30am, food pantry

SNAP – Supplemental Nutrition Assistance Program
218.732.1451 | co.hubbard.mn.us

Pharmacy Services
Coborn’s Pharmacy – Park Rapids
218.732.0836 | coborns.com
Seip Drug – Park Rapids
218.237.5848 | seipdrug.com
Walgreens Pharmacy
218.732.3342 | walgreens.com
Walmart Pharmacy
218.732.0329 | walmart.com

Residential & Respite Services
Care Age Country Home
218.732.3721 | care-agecountryhome.com
Assisted living

Crystal Brook Senior Living
218.699.3605 | knutenelson.org
Independent living, assisted living, memory care

Diamond Willow
218.732.3606 | diamondwillow.com
Assisted living, memory care

Heritage Community
218.732.3329 | heritageparkrapids.org
Independent living, assisted living, skilled nursing facility, memory care

Living at Home of the Park Rapids Area
218.732.3137 | parkrapidslivingathome.org
Respite services

Legal
Contact the local attorney of your choice
Thomason, Swanson & Zahn (TSZ Law)
218-732-7236 | tszlaw.com

One in nine people age 65 and older has Alzheimer’s dementia
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